

Basic Report 35230, Sea lion, Steller, meat with fat (Alaska Native) [a](#)

Report Date: May 30, 2017 22:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	56.80
Energy	kcal	242
Protein	g	22.10
Total lipid (fat)	g	14.65
Carbohydrate, by difference	g	5.55
Minerals		
Calcium, Ca	mg	6
Iron, Fe	mg	9.55
Magnesium, Mg	mg	19
Phosphorus, P	mg	214
Potassium, K	mg	346
Sodium, Na	mg	80
Zinc, Zn	mg	4.26
Vitamins		
Vitamin C, total ascorbic acid	mg	0.0
Vitamin A, RAE	µg	89
Vitamin D (D2 + D3)	µg	0.0
Vitamin D	IU	0
Lipids		
Fatty acids, total saturated	g	2.900
Fatty acids, total monounsaturated	g	3.300
Fatty acids, total polyunsaturated	g	3.000
Fatty acids, total trans	g	0.000
Cholesterol	mg	66
Amino Acids		

Nutrient	Unit	1
		Value
Other		Per100 g

**Footnotes**  
<sup>a</sup> Based on limited sampling. Nutrient values, particularly fat and protein, vary widely with variations in proportion of meat to fat.